



# 7 Doctor Remedies for Healthy Blood Pressure



*Doctor Formulated Supplements*

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High blood pressure is a growing problem, affecting more and more Americans every day. Worse yet, because it's symptomless, you can find out about your high blood pressure only once you begin experiencing the associated health complications.

Think about your arteries as a garden hose. When you turn the tap on to water your garden, the water flows through the hose and out the nozzle. This is similar to the blood in your arteries. The heart pumps it outwards to nourish our many organs.

If you've had your garden hose for many years and left it outside in the sun and snow, it can gradually become old and stiff. Needless to say, the more you use that damaged hose, the more likely it is to burst open when there is high pressure.

In the same way our arteries become stiff and weak after years of exposure to different elements like cholesterol, for example.

And as the blood pressure in your hardened arteries rises, you run the risk of some serious health issues, like heart attack, stroke, and aneurysm, to name a few.

Just as you need to take care of your garden hose and keep the pressure low if you don't want your hose to burst, you need to take care of your arteries and your blood pressure in order to keep your heart safe and sound.

A recent study has revealed that tighter blood pressure control could save up to 100,000 American lives. Current blood pressure guidelines recommend a systolic reading – the top number – of 140 mm Hg or less.

*You need to take care of your arteries and your blood pressure.*



*Physical activity is known to help lower blood pressure, and yoga is a great way to exercise.*

The study suggests that more lives would be saved if guidelines brought that number down to 120 mm Hg.

The study – known as the SPRINT trial – included adults over the age of 50 with systolic blood pressure readings between 130 and 180 mm Hg. The participants underwent either intensive treatment to reduce systolic blood pressure to 120 mm Hg or standard treatment to bring it to 140 mm Hg.

The risk of all-cause mortality was reduced by 27% in the intensive treatment group, and the risk of heart disease mortality was reduced by 43%. Although the results seem promising, many experts around the world are still on the fence with regards to actually changing the guidelines for the target blood pressure readings.

While the experts continue to discuss what is right and what is not, it's best that you err on the

right side of caution and try and keep that upper number around the 120 mark.

You've probably discussed ways to lower your blood pressure with your doctor already. Common tips include reducing your salt intake or exercising more. Although these are effective tricks to lower blood pressure, there is more you can do to improve your numbers and reduce your risk of cardiovascular disease.

In this report, you will find seven unconventional tricks that can help you support healthy blood pressure numbers. You may have heard about some of these fixes, and some of them may surprise you. All of them are easy to implement into your daily life, so why not give them a try and see what happens?

## 1. Perform yoga

Physical activity in general is known to help lower blood pressure, and yoga is a great way to exercise. The added bonus is that yoga promotes mindfulness and incorporates meditation, which is also well known to help reduce stress (another risk factor for climbing blood pressure readings).





Yoga can be an effective tool to help you lower your high blood pressure. In a study, researchers found that yoga is a useful complementary treatment to help patients further lower their blood pressure readings.

For the study, the researchers tracked 58 men and women for 6 months. They found that practicing yoga 2-3 times a week lowered blood pressure from average readings of 133/80 down to 130/70 mm Hg. For comparison, study participants on a special diet only experienced a smaller decrease in blood pressure (from 134/83 to 132/82 mm Hg).

If you are unsure where to start, the following yoga poses are great for beginners.

### ***Mountain pose***

Stand with the sides of your big toes touching. Keep your heels slightly apart. Lift and spread your toes, and place them back down on the floor.

### ***Sun salutation***

Standing with both feet touching, bring your hands together (palm to palm) and place them at your heart. Keeping your hands together (interlacing the fingers if

necessary), exhale and raise your arms upward. Slowly bend backward (gently) while keeping your arms stretched above your head.

### ***Child's pose***

Drop down to your knees, spread your knees wide, and bring your big toes together. Sit your hips back onto your feet or heels, and reach your arms forward on the ground. If possible, rest your forehead on the mat.

## **2. Head outdoors**

A new study has found spending time out in nature can help reduce blood pressure and improve depressive symptoms. In the study involving 1,500 Australians, the researchers found that 7% of depression cases and 9% of blood pressure

*Spending time out in nature can help reduce blood pressure.*



cases could be prevented simply by heading out into nature at least once a week for 30 minutes or more.

And if you want to maximize the benefits, add some exercise into the mix. Lead researcher Dr. Danielle Shanahan explained, “You go to the doctor and you could get a prescription for going to a park. If you go to that park and do exercise while you’re there, you get benefits of the two.”

Heading out to nature has been shown to boost health and reduce stress. So if you’re looking for a simple way to take control of your numbers, look no further than outside of your front door.

### 3. Lose weight

Chronic stress can bring your blood pressure up to a dangerous level, but according to the American Heart

Association, your weight can also contribute to the climbing numbers.

The Mayo Clinic study has found that as few as 5 extra pounds can spike your blood pressure, even if you are otherwise healthy. Harvard reports that

just a few extra pounds can lead to an increased risk of cardiovascular disease and diabetes.

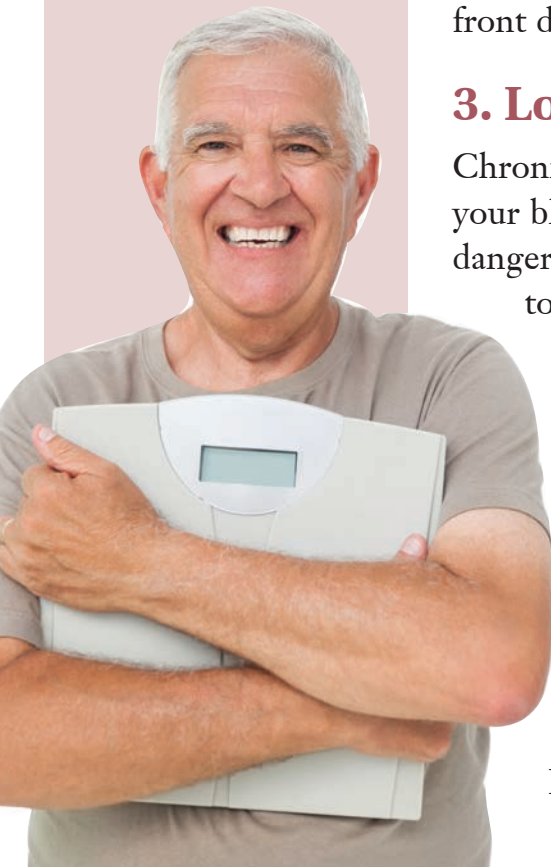
The researchers began by testing the blood pressure in 16 healthy adults between the ages of 18 and 48. Over the 8-week study period, the participants ate additional 400 to 1,200 calories daily, adding in a chocolate bar, an energy drink, or an ice cream shake every day. The goal was to increase their weight by about 5%. At the same time, another 10 healthy adults maintained their weight for the study period.

Eight weeks later, the researchers repeated the blood pressure test. They found those who gained weight during the 2 months of the study period had an average increase in systolic blood pressure from 114 mm Hg to 118 mm Hg. Their blood sugar levels, insulin, and cholesterol didn’t change.

Also, the study participants who gained more weight around their abdomen had higher average increases in blood pressure.

“To our knowledge, for the first time, we showed that the blood pressure increase was specifically related to increases in abdominal visceral fat, which

*As few as 5 extra pounds can spike your blood pressure.*



is the fat inside the abdomen,” lead researcher Naima Covassin said. “Our research suggests that healthy people who are more likely to gain weight in the stomach area are also more likely to have their blood pressure increased.”

While dropping a few pounds may not seem like a big deal, it can go a long way in maintaining healthy blood pressure.

## 4. Reduce alcohol intake

If you have high blood pressure, every additional ounce of alcohol you drink could be harming your heart. Specifically, alcohol has been found to harm the lower left chamber of the heart, which is responsible for pumping blood to the rest of the body.

Lead researcher Dr. Leonardo Sechi said, “Because even moderate alcohol consumption increases occurrence of early functional cardiac changes in patients with [high blood pressure], reduction of use of alcoholic beverages might be beneficial for prevention of cardiac complications in these patients.”

In a recent study, researchers examined the effects of alcohol on 335 patients with high blood

pressure who did not have any coexisting heart problems. Participants were asked about their drinking habits.

Heart function in the participants was assessed using electrocardiograms and heart scans.

The study subjects were then classified into one of the four groups based on their alcohol consumption: no alcohol, less than an ounce a day, 1.4 ounces, or over 1.4 ounces.

Participants with the highest alcohol intake had thicker left ventricle walls, stiffening the chamber and making it function less efficiently. Nearly half of the participants had signs of heart damage, depending on the amount of alcohol consumed.

Those with greater heart damage were generally older, heavier, diabetic, with high blood pressure, high cholesterol, and high blood sugar.

Dr. Gregg Fonarow, a professor of cardiology at the University of California, Los Angeles, commented, “High blood pressure is a major risk factor for developing heart failure, which leads to over one million costly hospitalizations



*“Reduction of use of alcoholic beverages might be beneficial...”*

*– Dr. Leonardo Sechi*



a year. These findings reinforce current guidelines that individuals with high blood pressure limit alcohol consumption.”

Even if your blood pressure is not much of a concern for you, cutting back on alcohol is always a good idea for maintaining good health and preventing high blood pressure in the future.

## 5. Cut out the sugar

A recent study by New Zealand’s University of Otago, published in the medical journal *Open Heart*, revealed that consuming high amounts of sugar increases your chances of getting high blood pressure. Through a number of randomized, controlled trials, researchers looked at sugar’s effect on blood pressure and found that not only does sugar lead to weight gain, it impacts blood pressure, too.

During the study, participants reported how much sugar they consumed every day. A single 24-ounce soft drink has been proven to cause an average increase in blood pressure by 15/9 mm Hg and heart rate by 9 bpm. Higher sugar intake

significantly increased systolic and diastolic blood pressure in trials over 8 weeks.

In other words, those who consumed 25% or more calories from added sugar had an almost threefold increase in their risk of death because of high blood pressure and heart disease. So even smaller doses of added sugar over short periods of time can harm you!

Another study also looked at the detrimental effects of sugary beverages on blood pressure. The researchers took data from six other studies involving over 240,000 people in total. They found that there was a 12% increase in blood pressure in those who consumed at least one sugary beverage a day, in comparison to those who did not. Serving sizes varied from 7 to 12 ounces.

Examples of sugary beverages included fruit punches, lemonade, soda, and energy drinks, which are all common staples in the diet of many Americans.

Not only do sugary beverages increase blood pressure, but they also promote hunger as they do not make you feel full, causing you to consume more food which

*Consuming high amounts of sugar increases your chances of getting high blood pressure.*



can contribute to weight gain (another risk factor for blood pressure).

The research also revealed that those who commonly drank sugary beverages partook in less physical activity and generally ate less healthy than individuals who did not consume sugary beverages.

## 6. Eat pears

Consuming fresh pears daily can help improve blood pressure numbers and vascular function, as well as prevent type 2 diabetes and other cardiovascular diseases in middle-aged men and women. The clinical trial evaluated the antihypertensive effects of pears in middle-aged men and women with a metabolic syndrome, a condition that increases the risk of cardiovascular disease and type 2 diabetes.

The participants were assigned to either consuming 2 medium-sized pears or drinking a pear-flavored beverage over the course of 12 weeks.

After 12 weeks, the results revealed that systolic blood pressure and pulse pressure were significantly lower with fresh pear consumption, compared to baseline results. These results

were not seen in the group that consumed pear-flavored water.

Although additional research is required to confirm the findings on a larger scale, the study does show promise of a simple solution to improving blood pressure.

In addition to their antihypertensive properties, pears pack plenty of vitamin C and fiber, and are low in calories, which makes them an excellent source of nutrition and a healthy snack to promote overall health.

## 7. Increase your protein intake

Researchers from the University of East Anglia (UEA) studied the effects of several amino acids on heart and artery health in nearly 2,000 women with healthy body mass indexes. The ultimate goal was to determine which is more beneficial, animal protein or plant protein.

As part of the study, the researchers analyzed 7 different amino acids and found that higher intake of these amino



*The daily consumption of pears can help improve blood pressure numbers and vascular function.*



acids was directly proportional to lower measures of blood pressure and arterial stiffness. But there was a difference in the results associated with the type of protein.

A higher intake of plant-based food was linked to lower blood pressure, while lower levels of arterial stiffness were associated with an increased intake of animal protein.

According to lead researcher Dr. Amy Jennings from UEA's Norwich Medical School, eating more protein-rich foods such as meat, fish, dairy, beans, lentils, broccoli, and spinach could be the ideal way of reducing the risk of cardiovascular disease.

What really surprised the researchers was the difference a protein-rich diet could make to heart health. They knew that a protein-rich diet would decrease the risk of heart disease, but they did not expect to see such an impact on blood pressure.

The fact that high intake of animal protein reduced

arterial stiffening as much as not smoking was particularly striking.

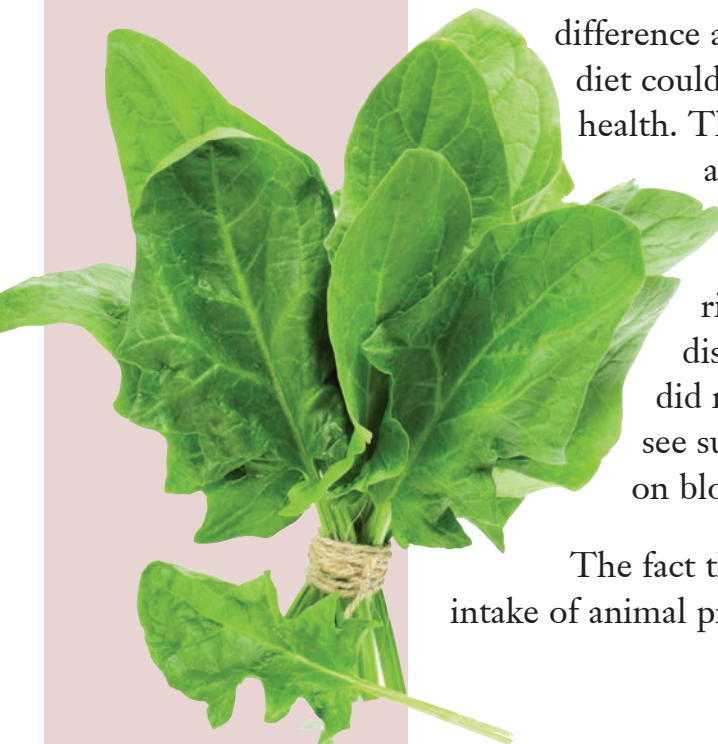
## Achieving healthy blood pressure

High blood pressure is the leading cause of death in the U.S., according to the American Heart Association. Now, why is that exactly? High blood pressure is the main cause of heart disease, which is the number one cause of premature death in the developed world. In 2009 alone, high blood pressure was either the primary or contributing factor in more than 348,000 deaths in the country, costing the healthcare system more than \$50 billion that year.

These numbers may be discouraging, but there's no reason to panic. Now that you are aware of simple tricks to help achieve healthy blood pressure, you can do your part in protecting your heart and reducing your risk of related complications.

Hypertension isn't an inevitable part of aging, but it does take some mindful work to achieve healthy numbers – and become a healthier you.

*A higher intake of plant-based food was linked to lower blood pressure.*



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